

Investigation on the Debility of Diabetes Patients in Community and Research on Nursing of Traditional Chinese Medicine

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Abstract: Objective: to Investigate the Occurrence of Debilitation in Elderly Diabetic Patients and Analyze Its Influencing Factors, So as to Provide Theoretical Basis for Clinical Nursing Intervention. Methods: Using Convenience Sampling Method, 200 Elderly Diabetic Patients in the Community Were Selected as the Research Object, and the Changes of Blood Sugar Level, Self-Efficacy and Coping Style Before and after Traditional Chinese Medicine Nursing Were Compared between the Two Groups. Results: after Nursing, Fasting Blood Glucose, 2h Postprandial Blood Glucose and Glycosylated Hemoglobin in the Two Groups Were Lower Than Before Nursing. the Scores of Diet, Foot Management, Medical Control and Exercise in Both Groups Were Higher Than Before Nursing. the Face Scores of the Two Groups Were Higher Than Before Nursing, and the Avoidance and Yield Scores Were Lower Than Before Nursing. Conclusion: the Incidence of Debilitation in Elderly Patients with Diabetes is High, and It Includes Some Degree of Physical, Psychological and Social Debilitation. Medical Staff Should Attach Great Importance to the Evaluation of the Debilitation of the Population, Take Timely Targeted Chinese Medicine Nursing Measures to Prevent or Slow Down the Occurrence and Development of the Debilitation of Elderly Diabetes Patients.

1. Introduction

Weakness Refers to Clinical Syndrome Caused by Increased Individual Vulnerability and Decreased Ability to Maintain Self-Internal Balance. It is the Accumulation of Multiple Physiological System Damages Independent of Disease, Age and Other Factors, Which Easily Leads to the Occurrence of Adverse Events [1]. Senile Debility Often Coexists with Some Chronic Non-Fatal Diseases. Diabetes Mellitus is One of the Most Common Chronic Diseases in the Elderly. the Disability and Early Death Caused by Its Acute and Chronic Complications Seriously Affect the Survival Time and Quality of Life of Patients [2]. Diabetes is a Lifelong Disease, with the Development of the Disease, Complications of All Organs Will Occur [3]. in Order to Stabilize the Disease and Improve the Quality of Life of Patients, It is Very Important to Carry out Active Nursing Intervention. Due to the Acceleration of Aging and the Rapid Change of Lifestyle, the Number of Diabetes Patients Has Increased Rapidly. in 2018, the International Diabetes Federation Reported That the Total Number of Diabetes Cases Worldwide Has Reached 473 Million, of Which 125 Million Are Aged 65 and Above [4]. Weakness is Closely Related to Diabetes and is Considered an Emerging Complication of Elderly Patients with Diabetes. Weakness Refers to the Non-Specific State in Which the Elderly's Physiological Reserve is Reduced or Various Functional Abnormalities Cause the Body to Increase Vulnerability and Reduce Anti-Stress Ability. Its Occurrence and Development is a Dynamic Process [5]. the Debilitating Condition is Not Only an Important Part of the Evaluation Content of Elderly Diabetic Patients, But Also Has Become the Basis for Making Comprehensive Intervention Plans.

Weakness is a Common Senile Syndrome. Its Core Feature is the Decline in the Reserve Function of Multiple Physiological Systems, Which is Manifested by Increased Susceptibility to the Body and Decreased Ability to Maintain Homeostasis [6]. the Treatment of Diabetes by Traditional Chinese Medicine is the Dominant Therapy of Motherland Medicine in the Treatment of Chronic Diseases. Traditional Chinese Medicine Nursing, as an Important Part of Traditional Chinese Medicine Treatment, Has a Unique Advantage in the Care of Patients with Diabetes [7]. as a

Lifelong Disease, People with Diabetes Spend Most of Their Time At Home or in the Community [8]. Diabetes Management is an Important Task of Community Health Service Centers. Early Identification of Weakness and Targeted Interventions Can Help Avoid or Delay the Adverse Effects of Weakness [9]. Weakness is Considered to Be a Clinical Syndrome That is Independent of the Normal Aging Process. the Core is the Decline of the Elderly's Physiological Reserve or the Occurrence of Multifunctional Abnormalities, and a Small External Impact Can Cause Adverse Accidents [10]. Weakness is the Result of Multiple Systems and Factors. the Main Pathophysiological Changes Include Neuroendocrine, Decreased Muscle Mass, Increased Inflammatory Factors and Cytokines [11]. as Medical Models Change, the Care of Diabetes is Receiving More and More Attention from Patients. This Article Analyzes the Effect of Traditional Chinese Medicine Nursing Methods on the Nursing Intervention of Diabetic Patients, Assesses the Debilitating Status of Elderly Diabetic Patients, and Analyzes Its Influencing Factors to Provide Evidence-Based Basis for Conducting Debilitating Intervention Research.

2. Materials and Methods

2.1 Materials

Using Convenience Sampling Method, 200 Elderly Diabetic Patients Were Selected from Various Communities According to Inclusion Exclusion Criteria as Research Objects. Inclusion Criteria: Age ≥ 60 Years Old; the Time for Diagnosis of Diabetes is ≥ 6 Months; Clear Consciousness. Exclusion Criteria: History of Mental Illness and Language Communication Disorders; Patients with Other Critical Diseases Who Cannot Cooperate with the Investigation. All the Subjects Had Informed Consent and Voluntarily Participated in the Study.

2.2 Methods

2.2.1 Research Tool

General data questionnaire: designed by the researchers according to the research purpose and content through literature review, pre-investigation and preliminary interview, including demographic sociology data and disease-related data of elderly diabetes patients.

2.2.2 Observation Index

The changes of blood sugar level, self-efficacy and coping style before and after nursing were compared between the two groups. Blood glucose level was evaluated by fasting blood glucose, 2h postprandial blood glucose and glycosylated hemoglobin before and 6 months after nursing. Self-efficacy was evaluated by diabetes management self-efficacy scale before nursing and 6 months after nursing respectively. There were 3 factors, namely diet and foot management, medical control and exercise. Coping styles were evaluated by medical coping questionnaires before and after 6 months of nursing respectively. There were 3 factors, namely, face, avoidance and submission.

2.2.3 Statistical Method

Based on the principle of voluntariness, the consent and cooperation of the ward managers of endocrinology department and geriatric department are obtained first, and the investigation objects are selected in strict accordance with the inclusion and exclusion criteria through the medical record management system. With the consent of the patient, determine the appropriate investigation time. SPSS 22.0 software was used for statistical analysis of the collected data.

3. Result

Comparison of blood glucose levels before and after nursing in the two groups is shown in Table 1.

Table 1 Comparison of Blood Glucose Levels between Two Groups of Patients before and after Nursing

Group	Number of cases	Fasting blood glucose (mmol/L)		2 hours postprandial blood glucose (mmol/L)	
		Before nursing	After nursing	Before nursing	After nursing
Research group	100	8.52±2.31	6.52±0.98	13.41±2.19	9.07±1.31
Control group	100	8.44±2.51	7.34±1.12	13.99±2.24	10.85±1.61

Comparison of the self-efficacy scores of the two groups of patients before and after nursing is shown in Table 2.

Table 2 Comparison of Self-Efficacy Scores between Two Groups of Patients before and after Nursing

Group	Number of cases	Diet and foot management		Medical control		Exercise	
		Before nursing	After nursing	Before nursing	After nursing	Before nursing	After nursing
Research group	100	38.95±6.81	81.34±5.48	20.21±3.09	79.43±5.02	16.13±4.34	82.95±5.84
Control group	100	39.81±7.23	60.15±6.77	20.22±3.11	58.47±4.95	15.59±4.13	54.36±6.95

Comparison of coping style scores between the two groups before and after nursing is shown in Table 3.

Table 3 Comparison of Coping Style Scores between Two Groups of Patients before and after Nursing

Group	Number of cases	Face		Avoid		Yield	
		Before nursing	After nursing	Before nursing	After nursing	Before nursing	After nursing
Research group	100	4.61±1.17	7.38±2.05	3.36±0.93	2.11±0.89	3.24±1.07	2.46±1.13
Control group	100	4.79±1.02	6.44±2.12	2.85±1.06	2.57±0.98	3.02±1.08	2.79±1.07

The evaluation results of debility after nursing care of the two groups of patients are shown in Table 4.

Table 4 The evaluation results of debility after nursing care of the two groups of patients

Assessment project	Scoring standard	Average score of research group	Average score of control group
Shit	0=Incontinence 5=Occasional incontinence 10=Can control	7.2	4.6
Pee	0=Incontinence 5=Occasional incontinence 10=Can control	6.5	5.2
Wash and dress	0=Need help 5=Wash face, brush teeth and shave independently	4.6	3.4
Use toilet	0=Depend on others 5=Need some help 10=Self-care	7.8	5.1
Have a meal	0=Depend on others 5=Need some help 10=Comprehensive self-care	8.5	6.1
Mobile	0=Rely entirely on help 5=Need a lot of help 10=Need a little help 15=Self-care	9.6	6.3
Activity	0=Unable to act 5=Independent activities in wheelchair 10=Need one person's help or independent guidance 15=Independent walking	11.1	8.2
Dressing	0=Need help 5=Need some help 10=Self-care	9.5	7.1
Up the stairs	0=Cannot 5=Need help 10=Self-care	7.8	6.5
Take a shower	0=Need help 5=Self-care	4.6	3.4

4. Discussion

With the increase of age, the functions of various organs and tissues of the body gradually decline, but age is no longer an accurate indicator of the decline of body functions. The elderly have heterogeneity in health conditions, and debilitation is the cause of individual aging differences. Nursing staff should pay attention to communication with patients, establish a good nurse-patient relationship, and understand the psychological state of patients. Weakness is considered as a clinical syndrome independent of the normal aging process. The core is the decline of physiological reserve or various functional abnormalities of the elderly. Minor external stimuli can cause adverse events. Weakness is related to disability and disease, but it is not the same as disability and disease. It is earlier than self-care defect and disability and belongs to precursor disability. Before nursing, there was no significant difference in fasting blood glucose, 2h postprandial blood glucose and glycosylated hemoglobin between the two groups ($P > 0.05$). After nursing, fasting blood glucose, 2h postprandial blood glucose and glycosylated hemoglobin of the two groups were lower than before nursing, and the study group was lower than the control group ($p < 0.05$). When nursing patients, nurses should evaluate their coping styles in combination with patients' physiological and psychological factors, and give appropriate guidance to patients' negative and aggressive coping styles, so as to effectively reduce blood sugar and reduce the incidence of related complications. The diet health maintenance intervention corrects and regulates the body's cold-heat imbalance and Qi-disorder status by diagnosing the physical condition of the patient and selecting foods with specific flavors for targeted dialectical administration. Before nursing, there was no significant difference in diet and foot management, medical control, and exercise scores between the two groups ($P > 0.05$). After nursing, diet and foot management, medical control, and exercise scores were higher in both groups than before care. And the study group was higher than the control group ($P < 0.05$). Most diabetic patients have low self-efficacy, which is mainly manifested in diet, exercise, poor emotional control, and independent blood glucose monitoring. Therefore, according to the characteristics of diabetic patients, effective measures should be adopted in the nursing process to improve the patient's self-confidence and strengthen the patient's independent management ability. There was no significant difference in the face, avoidance, and yield scores between the two groups of patients ($P > 0.05$). After care, the face scores of the two groups were higher than before, and the avoidance and yield scores were lower than before. The difference was statistically significant ($P < 0.05$), indicating that TCM nursing is beneficial to improve the coping style of the patients with diabetes.

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